

CITY OF LODI

COUNCIL COMMUNICATION

AGENDA TITLE: Approve Specifications And Authorization For Bids For Physical Conditioning Equipment For Fire Station #4

MEETING DATE: November 7, 2001

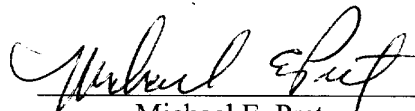
PREPARED BY: Michael E. Pretz, Fire Chief

RECOMMENDED ACTION: Council approve the specifications and authorization for bids for physical conditioning equipment for fire station #4.

BACKGROUND INFORMATION: In 1988, an agreement was reached in the memorandum of understanding between the City of Lodi and the United Firefighters of Lodi to establish a physical fitness program for the firefighters. The program provided annual physicals and an individual exercise program set up by St. Joseph's Occupational Health. St. Joseph's worked with the Lodi Fire Department to determine the type of exercise equipment that would be available at each fire station. The program included a designated time to allow the firefighters to participate in the program. The program was set up to lower the amount of injuries firefighters would receive thus lowering the time loss resulting from these injuries. The program has been successful during its 13 years.

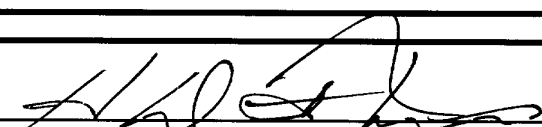
Fire Station #4 is set to be staffed in December, 2001. To continue the physical conditioning program as defined in the MOU, we ask the City Council to approve the specifications and authorization of bids for the exercise equipment at Fire Station #4. The equipment cost is estimated at \$20,000.

FUNDING: Fire Station #4 construction contingency



Michael E. Pretz
Fire Chief

APPROVED: _____



H. Dixon Flynn -- City Manager

Specifications for Bid

Cardiovascular Equipment

Treadmill minimum specifications

1. Heavy Duty Commercial Programmable Treadmill with hand touch heart rate and heart rate control
2. Running surface: minimum 20" width and 60" length
3. 2.5 Horsepower Continuous Duty DC motor designed to run 24 hours a day-seven days a week
4. 110/120 volt 20 amp
5. Commercial Impact Absorption System
6. 3" rollers with permanently sealed bearings
7. Heavy duty full commercial deck designed for unlimited use
8. Pre Set Programs
9. Ability to create and save custom programs and workouts
10. Display features calories burned, calories per hour, speed, incline, distance, elapsed time, and heart rate
11. Speed Range 0.5-10mph
12. Incline Range 0-15%
13. Commercial Warranty: 2 years on all parts, 1 year labor, Lifetime frame

Dual Action Elliptical

1. Heavy Duty Commercial Elliptical Climber with hand touch heart rate and heart rate control.
2. Dual Action unit with upper & lower body resistance
3. Self contained power supply, no external power needed
4. No key start up
5. Pre Set Programs
6. Readouts: Work level, elapsed time, total calories expended, calories expended per hour, heart rate
7. Polar Telemetry, Contact Heart Rate Monitor and Dynamic Heart Rate Control
8. Commercial Warranty: Lifetime frame, 2 years parts, 1 year labor

Strength Equipment

- 1- Two stack multi-gym, commercial quality, corner unit
- 2- Structural steel frame 11 gauge 2"x 2" & 2"x 3"
- 3- Contract grade, 36 ounce Boltaflex anti-bacterial upholstery or equivalent, edges double stitched with standard wear covers on high fatigue areas
- 4- Electrostatically applied epoxy powder coat finish
- 5- Weight Stack Enclosures

- 6- Pillow Block Bearings
- 7- Steel Weight Stack with silencing nylon bushings between each plate.
- 8- Instructional Placards included
- 9- Minimum of the following exercises: Leg Extension, seated Leg Curl, Leg Press, Low Pulley, Seated chest press, Chest supported row, Pec Fly/Rear Delt, Lat Pulldown,
- 10- Commercial warranty: Lifetime Frame, 5 yrs all moving parts, one year on belts, cables, hand grips and upholstery

Free Weight Equipment

- 1. 2" x 2", 2" x 3" and 2" x 4" steel tubing in 11 & 8 gauge steel
- 2. Upholstery commercial quality 40 oz, mildew & bacteria resistant. Foam padding high-density closed cell foam. Reinforced plywood with trimmed edges.
- 3. Powder coat finish
- 4. Commercial warranty: Lifetime Frames & Welds, 5 year Linear Bearings, cams, guide rods, bushings and pulleys, 2 years cables and one year upholstery

Commercial Power Rack

- 1. Crafted to withstand rigorous workouts
- 2. With chin-up bar

3 Tier Dumbbell Rack

- 1. Capacity to hold hex dumbbells in 5 lb. increments from 5-80 lb.

Incline/Decline Bench w/wheels.

- 1- Bench must be adjustable from the full vertical position to fully declined position
- 2- Seat on the bench must be adjustable from a flat position to an incline position
- 3- Bench must have an adjustable padded footrest

Seated Preacher Curl Bench

- 1- Adjustable torso pad.

Olympic Weight Tree

Olympic E-z curl bar with clips

5-80lb Hex Dumbbells in 5 lb. increments Total 1,360lb

1 Set

60lb and 70lb Hex Dumbbells

2 Sets

Set Olympic Deep Dish with 7' 45lb Olympic Bar

(4-45's, 2-35's, 4-25's, 4-10's, 4-5's)

Service

1. Full installation and assembly of all products listed to manufacturers specifications and official guidelines
2. Free preventative maintenance. One-year contract (performed quarterly) on all products listed.

Lodi City Fire Dept
217 W. Elm Street
Lodi, CA 95240

REQUEST FOR BIDS

November 8, 2001

The Lodi City Fire Department is requesting bids for fitness equipment. On the list below please indicate prices for each piece of equipment.

Please include catalog and or brochures, which depict and describe the proposed equipment. Also include warranty information with bid, which indicates the term of warranty.

Description	Qty	Unit	Shipping	Setup	Total
Heavy Duty Commercial Treadmill	2				
Heavy Duty Commercial Dual Action Elliptical	1				
Commercial Multi-Gym-2 stack w/leg extension & curl, chest press, mid row, lat pull, low cable pulley	1				
Commercial Power Rack	1				
Commercial 3-tier Dumbbell Rack	1				
Commercial Incline/Decline Bench W/wheels	1				
Commercial Preacher Curl Bench	3				
Commercial Plate Tree	1				
Olympic E-z Curl Bar w/clips	1				
5-80lb Hex Dumbbells	1				
60lb & 70lb Hex Dumbbells	2 sets				
Olympic plates (360lbs)	1				
7' Olympic Bar	1				
Preventative Maintenance (1 Year performed quarterly)	1 year				
TOTALS					

Please submit your bid by 11-21-01 to the following address:

City of Lodi
1333 S. Ham Lane
Lodi, CA 95240
Attn: Joel Harris